

# *Flavors of Asia*



*Join us as we embark on a culinary journey through Asia. We begin by exploring the flavors of China, as we head South our journey will take us through Vietnam, with our final destination the Philippines. This journey allows us to explore the preparations and flavors of each country's culinary fare.*





**Recipe Title:** Chinese Pot Stickers “Gow Gee”

**Yield:** 64 Pot stickers

**Ingredients**

**Amount**

**Unit**

Cabbage, finely chopped	2	Cups
Salt	1	t
Chicken, ground	1.5	#
Soy sauce	2	T
Rice wine	2	T
Green onions	1	T
Sesame oil	1	T
Fresh ginger, chopped	2	t
Garlic clove, minced	2	Ea
Wonton wrappers	2	Pkg
Vegetable Oil	¼	Cup
Chicken stock	1	Cup

**Method:**

Sprinkle salt over the shredded cabbage and let stand for 5 minutes, and then squeeze out liquid.

Mix cabbage, shrimp, pork, soy, wine, onion, oil, ginger and garlic (filling can be mixed and refrigerated for up to 6 hours in advance).

On each wrapper (keep them covered with a damp cloth so they do not dry out) place about 2 tsp of the mix and seal the edges, use a bit of water on the edge, try to press out all the air and ensure they are tightly sealed.

In 2 large skillets heat 1 tbsp oil, fry 16 dumplings for 1 minute or until golden on one side add 1/4 cup of stock into the pan, reduce heat to low, cover and cook, without turning for about 7 minutes or until the dumpling is translucent and most of the liquid has evaporated uncover and on higher heat cook for another 5-7 minutes or until the bottoms are dark brown, drain; place on a platter and keep warm.

Repeat for the remaining 32 dumplings.





**Recipe Title:** Vietnamese Spring Rolls “Cha Gio”

**Yield:** 16 Spring Rolls

<u>Ingredients</u>	<u>Amount</u>	<u>Unit</u>
Carrots, Julienne	1	Cup
Mung bean sprouts	2	Cups
Cucumber, seeded and Julienne	2	Cups
Fresh cilantro, picked	½	Cup
Thai basil, picked	¼	Cup
Fresh mint, picked	¼	Cup
Rice vermicelli noodles, cooked	6	oz
Sesame seeds. Toasted	2	T
Avocado	2	ea
Rice paper wrappers	16	ea
Daikon sprouts, garnish	2	Pkg

### Method:

Bring a pot of water to a boil and cook the rice noodles and cook for one to two minutes. Drain and rinse in cool water.

Peel and slice the avocado into wedges.

Peel and julienne the carrots and cucumber; pick up the herbs.

You'll need a large bowl or pan, big enough to accommodate the rice paper round. Fill with warm water, and soak one wrapper for around a minute, until it's soft and pliable.

Lay the wrapper on a plate or other flat surface. You'll be placing your ingredients in the bottom half of the wrapper – if this is your first time making spring rolls, it's a good idea to start with smaller quantities.

Begin with a small handful of noodles in the bottom third of the wrapper. Top with a neat row of cucumbers and another neat row of carrots. Lay a row of avocado close to the middle of the wrapper, Sprinkle with sesame seeds.



Fold up the bottom, then the two sides; continue rolling up, keeping the wrapper firmly around the ingredients to get a good roll, but being careful not to tug too tightly so as to avoid tearing the wrapper. Place the roll seam side down.

Continue making the rolls. Unfortunately, the rolls don't keep well, so serve them right away\*, with plenty of dipping sauce. If you're serving them as an appetizer, you can cut the rolls in half using a sharp knife.

\*If you absolutely must make them ahead of time, place them in an airtight container lined with damp towel and store at cool room temperature, not in the fridge. These will keep for an hour or two.

<b>Tamarind – Cashew Dipping Sauce</b>		
Cashew nuts	¼	Cup
Fresh cilantro	¾	Cup
Garlic clove	2	Ea
Green onion, chopped	2	Ea
Sugar	1	T
Black pepper, ground	1	t
Cumin, ground	1	T
Rice wine vinegar	4	t
Balsamic vinegar	1	t
Tamarind pulp	1	t
Honey	½	Cup
Oil	¼	Cup

**Method:**

Blend first seven ingredients in food processor until well blended, and cashews and cilantro have been chopped

Combine honey, vinegar and tamarind in sauce pot and cook until tamarind pulp is dissolved

Blend with cashew mixture in food processor and pulse for 20 seconds

Serve at room temperature.



**Recipe Title: Filipino Egg Rolls “Lumpia”****Yield: 30 Egg Rolls**

<u>Ingredients</u>	<u>Amount</u>	<u>Unit</u>
Oil	1	T
Pork, ground	1	#
Garlic, crushed	2	Cloves
Onion, small dice	½	Cup
Carrot, minced	½	Cup
Green onion, chopped	½	Cup
Green cabbage	½	Cup
Black pepper, ground	1	t
Salt	1	t
Soy sauce	1	t
Lumpia wrapper	30	Ea
Vegetable oil	2	cups

**Method:**

Place a wok or large skillet over high heat, and pour in 1 tablespoon vegetable oil. Cook pork, stirring frequently, until no pink is showing. Remove pork from pan and set aside. Drain grease from pan, leaving a thin coating. Cook garlic and onion in the same pan for 2 minutes. Stir in the cooked pork, carrots, green onions, and cabbage. Season with pepper, salt, garlic powder, and soy sauce. Remove from heat, and set aside until cool enough to handle.

Place three tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1 1/2 inch space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.

Heat a heavy skillet over medium heat, add oil to 1/2 inch depth, and heat for 5 minutes. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1 to 2 minutes, until all sides are golden brown. Drain on paper towels. Serve immediately.



<b>Pot Sticker Dipping Sauce</b>		
Soy sauce	1	Cup
Water	1	Cup
Brown sugar	1	Cup
Rice wine vinegar	1	Cup
Green onions	1/2	Cup
Ginger, grated	1	T

**Method:**

Mix all ingredients together and serve at room temperature.

<b>Sweet Lumpia Dipping Sauce</b>		
Rice vinegar	1	Cup
Water	1	Cup
Brown sugar	1	Cup
Soy Sauce	1	Cup
Garlic	2	Cloves
Ginger, sliced	½	Oz
Corn starch, mixed with cold water to make paste	2	T

**Method:**

In a small sauce pot combine sugar, vinegar, water, garlic, ginger and soy, bring to a simmer. Let simmer for 15 minutes strain out garlic and ginger. While simmering whisk in the cornstarch slurry, bring to boil and simmer until thickened. Add the chili paste for a spicier flavor. Adjust seasonings and consistency as necessary